THE CHRONICLE

JANUARY 10, 2008 A7

HEALTH & WELLNESS

Healthbeat Local doctor: Many black women avoid exercise because of hair concerns

liabetes education tours

Lowes Foods is offering free diabetes education ours beginning this month and every two months fter that throughout 2008. Led by registered dietiians, the small-group tours will provide information help those with diabetes choose the healthiest oods when grocery shopping.

Our diabetes education tours are designed to elp those with diabetes make the most of their purses by concentrating on natural foods such as ruits and vegetables, whole grain bread, fat-free and ow-fat dairy products, lean meats and soy products, aid Lowes Foods Corporate Nutritionist Cindy ilver, MS, RD, LDN.

The tours will include samples of tasty foods that ffer high nutritional value, but not too many carboydrates. Those who take the tour will also receive cipes and coupons.

emaining tours are scheduled for Jan. 22, March and 18, May 6 and 20, July 8 and 22, September 9 ad 23, and November 4 and 18 from 7 to 8 p.m. The tours are being offered through a partnership with Lowes Foods and Kraft. The only Winston-Salem tore that will offer tours is the one in Sherwood laza Shopping Center, 3372 Robinhood Rd. In reensboro, tours will be offered at the New Garden rossing Shopping Center location. Stores in Raleigh nd Charlotte will also offer tours. Lowes Foods mploys 8,500 people and operates 104 stores in Jorth Carolina, South Carolina and Virginia.

Those interested may register or get more infornation by calling (866) 521-3501, toll-free.

Local medical society as new leadership

Dr. Stephen B. Tatter assumed the office of presi-

dent of the Forsyth-Stokes-Davie County Medical Society on Jan. 1.

Tatter is a neurosurgeon and faculty member of Wake Forest University Baptist Debbie Medical Center and Wake Frezell, Forest University School of Medicine. He holds the Liang right, with Chancellor and Dixie Soo Professorship for Student Life Anne

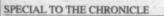
White.

Neurosurgery; and is medical director of Neurosurgical ncology, co-director of Gamma Knife Center and ate professor of Surgical Sciences.

Yee

focus is on surgery for -and-pituitary-tumors, al neuralgia, and on's disease. He is y involved in research

ent-Elect, Dr. Latham-Sadler, an professor and assis-



Dr. McMichael

About a third of black women cite complications of hair care as the reason they do not exercise or exercise less than they would like, according to Amy J. McMichael, M.D., the lead investigator of a study from Wake Forest University School of Medicine.

McMichael, associate professor of dermatology, specializes in hair and scalp diseases, ethnic and pigmented skin diseases, and general dermatology and skin care.

"I see a lot of African American women in our clinic and had noticed how many of them are

overweight. This puts these women at risk for hypertension, diabetes and other serious problems," she said.

In fact studies show that 77 percent of black women are overweight or obese, McMichael said

"I thought it would be interesting to look at what role their hair plays in their amount of exercise. Many African American women with coarser hair use either heat straighteners or chemical products to straighten their hair. Depending on how coarse or fragile their hair is, they can't just wash their hair after exercise without having to go through the whole process again, and that can take hours. Over-washing fragile hair can make it break off easily."

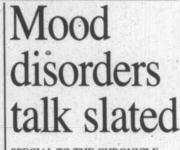
McMichael and the team of investigators

just cut your hair,' but that does not make sense. F We have to figure out ways to address this issue, get some African American women in a forum or group meeting and talk about this," McMichael

The study was presented recently at the Fourth International Symposium of the L'Oréal Institute for Ethnic Hair & Skin Research by fourth-year medical student Shani Smith, MBA. Other investigators include Melicia Whitt-Glover, Ph.D., assistant professor in the Department of Epidemiology and Prevention, Kismet Loftin-Bell, MALS, MSL, research associate, and medical student Rebecca Hall.



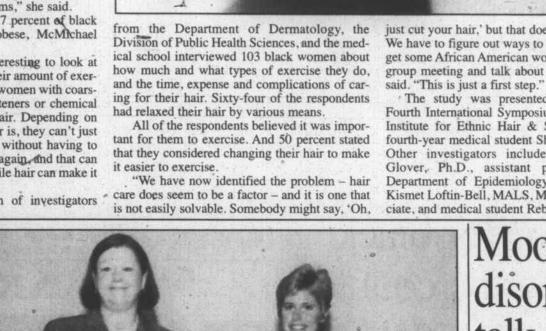
NCSA's Frezell honored for going above, beyond



SPECIAL TO THE CHRONICLE

Mental Health The Association in Forsyth County, as part of its community outreach and mental health educational services, is sponsoring a "5th Tuesday Mental Health Educational & Speaker Meeting" on Tuesday, Jan. 29, Speaker starting at 7 p.m.

The event will be held at The Mental Health Association in Forsyth County, 1509 S. Hawthorne Rd. The scheduled speakers are Dr. Beverly Jones, a local psychiatrist and clinical associate professor with the Wake Forest University School of Medicine, and Anne Birkel, a clinical research coordinator with the Piedmont Medical Research Associates (PMRA). Birkel will talk about research studies currently being implemented at PMRA pertaining to the treatment of mood disorders and Dr. Jones will talk about some of the latest research findings on mood disorders, including information about major depression and bipolar disorder. Jones studied psychology at Duke University and attended medical school at UNC Chapel Hill. Since 2003, Dr. Jones has been in private psychiatric practice in Winston-Salem and serves as the medical director of the Geriatric Behavioral Heakh Unit at Thomasville Medical Center. Jones' areas of expertise include the diagnosis and treatment of memory disorders and Alzheimer's disease and the recognition and treatment of depression in the elder-Birkel received a Bachelor of Applied Science in Focus Psychology from Winston-Salem State University in 2006. Birkel's responsibilities at PMRA include the coordination and execution of phase II-IV medication trials, which includes the maintenance of proper documentation according to FDA guidelines, assessments, and other related duties, including patient education services.



an for minority affairs, Wake Forest University otist Medical Center;



ary, Dr. Palmer Edwards, a pediatric and adoant psychiatrist; and Treasurer, Dr. Bradley E. obs, an obstetrician/gynecologist, at Lyndhurst necologic Associates, PA.

lestHealth to hold class in infections in children

Preventing Infections in Children" will be held 6 p.m. on Monday Jan. 14, at BestHealth in Hanes

influenza, bacterial pneumonia and other infecdiseases are a threat to young children. New ines and prevention strategies have provoked onal discussion and media,

Dr. Timothy Peters, pediatric infectious disease cialist at Wake Forest University Baptist Medical tter, will discuss new approaches to preventing managing infections in children.

stHealth, a community resource center and part Vake Forest University Baptist Medical Center, is ned in Hanes Mall and frequently sponsors pros in the community.

more information about BestHealth, or to regfor this class, call 1-800-446-2255 or visit wheathealth.com.

tritons sickened by virus

LONDON (AP) - Thousands of people in Britain a been sickened by the biggest outbreak of a winamiting virus in five years. Doctors estimate that eds of thousands of people may be affected by irus in the coming days. Dozens of hospital across the country have already been closed to stop the virus' spread.

ovirus is the most common stomach bug in Inited Kingdom, and its incidence typically s during the winter.

The norovirus season has started uncharacteristily compared to other years," said the Health m'Agency in a statement. Most cases go ed, and the agency estimates that for every are are 1,500 others.

rus is highly contagious, and is easily trans between people via contact with contaminated , or sharing contaminated food or water. ptoms include nausea, projectile vomiting fever and muscle pain. Most people recover wo days without treatment, though the viru nore serious in the very young or the elderly Health Protection Agency estimates that there ween 600,000 and 1 million cases of norovirus U.K. every year.

SPECIAL TO THE CHRONICLE

Deborah Phillips Frezell of Jamestown, director of student success programs and fitness manager at the North Carolina School of the Arts (NCSA), is a 2007 recipient of the State Employees' Award for Excellence. Frezell was one of only 15 state employees who received this award, the highest honor a state employee can receive.

Frezell and the other award winners were recognized at recent a ceremony and reception at the North Carolina Museum of History in Raleigh.

Recipients of the State Employees' Awards for Excellence demonstrate compassion for their fellow citizens, a passion for volunteerism, and an unselfish devotion to serving One North Carolina - Governor Easley's initiative to unify economic and educational development across the state into one common spirit of purpose.

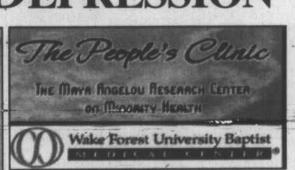
Frezell received the Award of Excellence in the public service category, which is for employees who have made outstanding contributions by participating in or implementing community and public service projects.

Debbie is never satisfied with the status-quo or just putting in her 40 hours," said NCSA Vice Chancellor for Student Life Anne White. "Debbie has been a highly valued member of our staff for more than 15 years. In her years at NCSA, she has impacted the lives of hundreds of students, faculty and staff in the areas of personal health and fitness.

"In addition to her work at the NCSA Fitness Center, she is a role model and leader in fitness initiatives and personal health across the campus and in the surrounding community. She exemplifies excellence in all she does and I can't think of a more worthy recipient of this award," White concluded.

See Frezell on A11

CHILDHOOD DEPRESSION



Depression can be a devastating disease at any age, but it is especially devastating when it affects our children. According to the Substance Abuse and Mental Health Services Administration (SAMH-SA), a government agency dedicated to the promotion of mental health for all individuals, approximately one in five children and adolescents will have a mental health disorder of some kind. What's more, some of these individuals will attempt or commit suicide.

SAMHSA notes that suicide is the third leading cause of death among teens. Most adolescents provide clues that they are considering or planning to commit suicide. In fact, according to one study, 83 percent of adolescents who committed suicide told others of their intentions in the week prior to their death. They may also give away their belongings. It is important that parents and friends take these threats seriously.

Let's take a closer look at childhood depression.

What are some signs that my child is depressed?

See Depression on All

The meeting is free and open to the public. Due to limited seating, those interested in attending are asked to call 336-768-3880 in advance to register. For more information, contact The Mental Health Association in Forsyth County at (336) 768-3880 or by e-mail: andy@triadmentalhealth.org.